2. (Amended) The method of claim 1, wherein the step of embedding includes the step of encapsulating at least some of the rods by molding with the plastic of the supporting element.

15. (New) The method of claim 1, wherein the step of introducing includes the steps of:

introducing the transverse rods in transverse grooves of the injection mold, and

pushing ends of the transverse rods against a stop which is formed in the injection mold.

16. (New) The method of claim 15, further comprising the steps of:

supplying the transverse rods as endless material, and cutting off the transverse rods, when the transverse rods are fixed in contact with the stop in the injection mold, on a side of the injection mold opposite the stop, with one edge of the injection mold being used as cutting edge.

17. (New) The method of claim 1, wherein the step of introducing includes the step of introducing both the transverse rods as well as the longitudinal rods of the lattice mat into the injection mold and further comprising the step of connecting together the transverse rods and longitudinal rods in the injection mold.

- 18. (New) The method of claim 17, wherein the step of introducing includes the step of pushing the longitudinal rods into longitudinal grooves of the injection mold as straight rod endless material.
- 19. (New) The method of claims 18, further comprising the step of bending the longitudinal rods in the injection mold, with a portion of the injection mold functioning as a bending template.
- 20. (New) The method of claim 18, further comprising the step of gating plastic parts to the longitudinal rods of the lattice mat.
- 21. (New) The method of claim 20, wherein at least some of said plastic parts are casings for connecting regions between the longitudinal rods and the transverse rods.
- 22. (New) The method of claim 20, wherein at least some of the plastic parts are anchoring sites for tension springs, which are to be suspended from the longitudinal rods.
- 23. (New) The method of claim 20, wherein the plastic parts are injection molded in one step with the supporting element.

24. (New) The method of claim 17, wherein the step of connecting together includes the step of welding the transverse rods to the longitudinal rods.

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- 25. (New) The method of claim 17, wherein the step of connecting together includes the step of fastening the transverse rods to the longitudinal rods by bending ends of the transverse rods around the longitudinal rods into one of eyelets and hooks.
- 26. (New) A method for producing an initiating element for active head supports of a vehicle seat, for which a functioning part of plastic is fastened to rods of a lattice mat, which is formed by longitudinal and transverse rods, comprising the steps of:

introducing the rods into an injection mold for the functioning part, and

embedding the rods in this functioning part during the injection molding of the functioning part.